

WALK TO SUCCESS

Walking is good for most pregnant women. It helps insulin work better and can help control your blood glucose level. In addition, exercise:

- Maintains your strength
- Helps you feel well during pregnancy
- Improves your tolerance to labor and delivery
- Helps you recover after delivery

To begin, try these easy tips

- Have a stroll after dinner instead of watching TV
- Take the dog for a walk
- Walk to do your errands
- Walk with the children to school
- When you drive to school, work or the store, park your car at a distance
- Invite a friend or a family member to join you when you walk

BASIC GUIDELINES FOR AN EXTENDED WALK

- ✚ Wear loose-fitting clothes
- ✚ Select shoes that are comfortable and protect your feet. Proper shoes are your best protection against injury
- ✚ Walk on a flat, level surface to prevent injury
- ✚ Finish eating at least one hour before you go for your walk
- ✚ Drink plenty of water before, during, and after your extended walk to avoid dehydration
- ✚ You should be able to carry on a conversation during walking. If you can't talk, slow down the pace.
- ✚ Walk during the cooler hours of the day during summer
- ✚ Don't walk when you are hungry.

Before starting an exercise program check with your provider.



Be careful.....STOP if you notice any symptoms such as
Excessive fatigue or shortness of breath.
Pain or cramping in your lower back.
Vaginal bleeding or leakage of fluid.
Persistent contractions.
Pounding heartbeat, or unusual sensation in your chest.
Dizziness, faint, light headed or nausea
Decreased fetal movement
Feel cold or clammy
Have a sudden swelling in your ankles, hands or face.
Have difficulty walking

Stay Safe.....

Be sure to check your blood sugars if you are on medication before and after walking

Hypoglycemia (low blood sugar below 60mg/dl) -
If you are taking medication to lower your blood sugar, please carry a fast-acting sugar with you.
This can be glucose tablets or 5-6 Lifesaver candies.

Hyperglycemia (high blood sugar) - If your blood sugars are above 250mg/dl you should not exercise. Contact your diabetes educator/provider.

RECOMMENDATIONS FOR EXERCISE SUCCESS

- Exercise with a partner whenever possible
- Wear supportive clothing
- Carefully select footwear for optimal fit and comfort
- Avoid exercise in hot or humid weather
- Drink water liberally
- Set realistic goals
- Schedule exercise (specific days and times)

OTHER TYPES OF EXERCISE APPROPRIATE DURING PREGNANCY

- Swimming
- Water aerobics
- Low impact aerobics
- Stepping machine
- Treadmill walking
- Dancing
- Yoga for pregnancy



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